

## **Abstract**

**Title:** Physical preparation of children and youth in sport shooting

**Objectives:** The aim of this thesis was to describe the training models and approaches for sports training for children and youth in sport shooting.

**Methods:** In this work, an analysis of current theoretical knowledge about the issue of physical training in sport shooting, which were derived from sports models the correct approach in the shooting training children and youth. The comparison of these models was created a comprehensive overview of the best sports training for children and youth in sport shooting.

**Results:** Autor of this thesis created a model of practices and exercises that can be applied in youth shooting clubs.

**Key words:** Children, physical preparation, practise, shooting, relaxation, training